

Space Nutrition



Volume 2

Looking to the Future

Issue #7

A Dream Fulfilled

"To leave behind Earth and air and gravity is an ancient dream of humanity. For these seven it was a dream fulfilled. Each of these astronauts had the daring and discipline required of their calling. Each of them knew that great endeavors are inseparable from great risks and each of them accepted those risks willingly, even joyfully, in the cause of discovery."

President G. W. Bush

(STS-107 Memorial Service - JSC)

Curiosity Corner



We asked - What does the word "hero" mean to you?

From Shady Grove Elementary School in PA

A hero to me is someone who helps others and I can look up to. I think that each of the astronauts on Columbia fits that description.

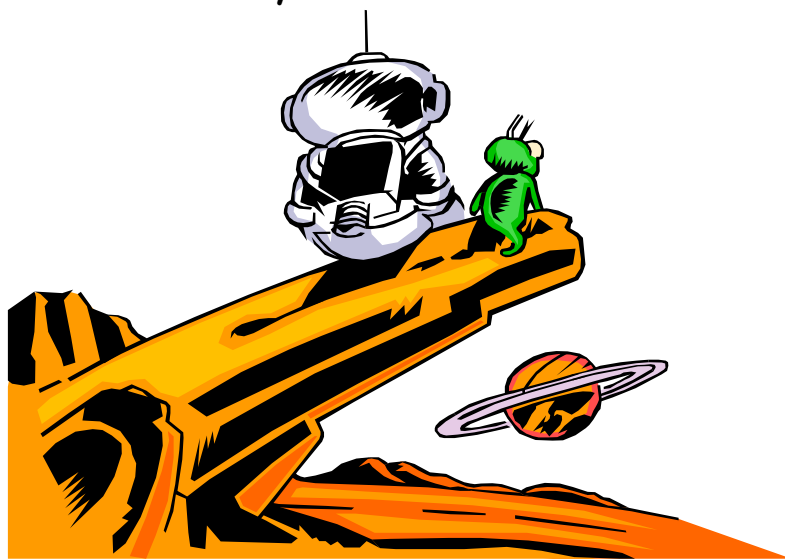
HERO ...a hero to me is someone who risks their life to do something. A hero to me is also someone who accomplished something in life.

H - Helping
E - Excellent
R - Really Kind
O - Outstanding



We will never forget the 7 brave individuals lost on February 1, 2003, nor the excitement of the STS-107 mission. All 7 have been laid to rest, the flags have returned to full staff, and as difficult as it may be - we have to move on to honor their memory. The International Space Station Expedition 6 crew is counting on us - and for our part, we continue to receive and analyze their food intake reports each week.

Until NASA can determine the cause of the loss of Columbia and begin flying the Shuttle again, a plan has been developed for ISS crews to launch and land in Russia. We are gearing up for preflight nutrition testing of the Expedition 7 crewmembers in April, and for the postflight testing of the Expedition 6 crewmembers in May 2003.



Our testing will need to be completed wherever the crew is training. While this usually takes place in Houston, it will now be done in Star City, Russia. Star City is a small town, about 35 miles from Moscow. For those of us in Texas - the weather is usually (and sometimes a LOT) colder.

Did you know?

- Star City is the Russian equivalent of the Johnson Space Center. Crews live and train in Star City, and travel to and from the launch and landing sites when necessary.
- The folks in the Nutritional Biochemistry Laboratory have had a lot of experience working in Star City. Many of our research studies done on board the Mir space station in the mid 1990's included data collection and training activities in Russia.
- The Expedition 6 crewmembers launched from Kennedy Space Center, Florida on November 23, 2002. They are scheduled to land in Kazakhstan May 2003.
- Our tests for the International Space Station crew members include the collection of blood and urine samples to assess nutritional status.



We thank you for your kind wishes
Space Nutrition Newsletter



Art work courtesy of students from Highland Elementary School in Vallejo, CA
and Shady Grove Elementary School in Ambler, PA

Word of the Month

Analog

Can you guess what this word means? Look for the meaning of the "Word of the Month" in the next issue of Space Nutrition

Check out these cool NASA links for more fun space science facts!

<http://virtualastronaut.jsc.nasa.gov>
<http://lsda.jsc.nasa.gov>
<http://www.nasa.gov/kids.html>
<http://www.spaceflight.nasa.gov>
<http://spaceresearch.nasa.gov>



Check out our new look!

<http://haco.jsc.nasa.gov/biomedical/nutrition/>
Look for more information about nutrition and space on the Nutritional Biochemistry Laboratory's Website.

